

Rogers International School
Lunch Menu
March 2018



Monday	Tuesday	Wednesday	Thursday	Friday
	New Easy-to-Access School Menus Stamfordpublicschools.nutrislice.com		¹ Pasta with Meat Sauce Breadstick Seasoned Broccoli Seasonal Fruit Milk Choice Vegetarian Choice: Sun Butter* & Jelly on Whole Wheat Bread	² Cheese or Pepperoni Pizza Tossed Salad Steamed Carrots Seasonal Fruit Milk Choice Vegetarian Choice: Garden Salad w/ Cheese & Bread Stick
⁵ Cheeseburger on Whole Wheat Bun Oven Fries Baked Beans Seasonal Fruit Milk Choice Vegetarian Choice: Bagel Fun Lunch	⁶ BBQ Chicken Strips Dinner Roll Seasoned Green Beans Seasonal Fruit Milk Choice Vegetarian Choice: Sun Butter* & Jelly on Whole Wheat Bread	⁷ Beef Macho Nacho's w/ Tortilla Chips Steamed Brown Rice Mexicali Corn Seasonal Fruit Milk Choice Vegetarian Choice: Omit the Beef	⁸ Macaroni & Cheese Breadstick Seasoned Broccoli Seasonal Fruit Milk Choice Vegetarian Choice: Sun Butter & Jelly on Whole Wheat Bread	⁹ Cheese or Pepperoni Pizza Tossed Salad Steamed Carrots Seasonal Fruit Milk Choice Vegetarian Choice: Garden Salad w/ Cheese & Bread Stick
¹² Hot Dog on Whole Grain Bun Baked Beans Oven Fries Seasonal Fruit Milk Choice Vegetarian Choice: Bagel Fun Lunch	¹³ Cheese Stuffed Pizza Dunkers w/ Marinara Sauce Seasoned Green Peas Seasonal Fruit Milk Choice Vegetarian Choice: Sun Butter* & Jelly on Whole Wheat Bread	¹⁴ Turkey & Cheese Sandwich Broccoli Florets Apple Sauce Cup Vegetarian Choice: Sun Butter & Jelly on Whole Wheat Bread EARLY RELEASE	¹⁵ Chicken Patty Sandwich Steamed Corn Seasonal Fruit Milk Choice Vegetarian Choice: Bagel Fun Lunch EARLY RELEASE	¹⁶ Cheese or Pepperoni Pizza Tossed Salad Steamed Carrots Seasonal Fruit Milk Choice Vegetarian Choice: Garden Salad w/ Cheese & Bread Stick EARLY RELEASE
¹⁹ Cheeseburger on Whole Grain Bun Oven Fries Baked Beans Seasonal Fruit Milk Choice Vegetarian Choice: Bagel Fun Lunch	²⁰ Toasted Cheese Sandwich Tomato Soup Savory Green Beans Seasonal Fruit Milk Choice Vegetarian Choice: Sun Butter* & Jelly on Whole Wheat Bread	²¹ BBQ Chicken Dinner Roll Mashed Potatoes w/ Gravy Seasoned Corn Seasonal Fruit Milk Choice Vegetarian Choice: Bagel Fun Lunch	²² Pasta with Meat Sauce Breadstick Seasoned Broccoli Seasonal Fruit Milk Choice Vegetarian Choice: Sun Butter & Jelly on Whole Wheat Bread	²³ Cheese or Pepperoni Pizza Tossed Salad Steamed Carrots Seasonal Fruit Milk Choice Vegetarian Choice: Garden Salad w/ Cheese & Bread Stick
²⁶ State Fair Corn Dog Oven Fries Baked Beans Seasonal Fruit Milk Choice Vegetarian Choice: Bagel Fun Lunch	²⁷ Macaroni & Cheese Breadstick Seasoned Broccoli Seasonal Fruit Milk Choice Vegetarian Choice: Sun Butter & Jelly on Whole Wheat Bread	²⁸ Turkey & Cheese Sandwich Baby Carrots Apple Sauce Cup Vegetarian Choice: Bagel Fun Lunch EARLY RELEASE	²⁹ Beef Macho Nacho's w/ Tortilla Chips Steamed Brown Rice Mexicali Corn Seasonal Fruit Milk Choice Vegetarian Choice: Omit the Beef	³⁰ NO SCHOOL GOOD FRIDAY
Weekly Alternate Entrée's: March 1 - 2: Turkey & Cheese Sandwich; March 5 - 9: Ham & Cheese Sandwich; March 12 - 16: Turkey & Cheese Sandwich; March 19 - 23: Ham & Cheese Sandwich; March 26-30 Turkey & Cheese Daily Alternate Meals: Garden Salad w/ Cheese and WG Breadstick, Sun Butter* & Jelly on Whole Wheat Bread <u>OR</u> Bagel Fun Lunch *Sun Butter is made from Sunflower Seeds				
Monday Fruit/Veggie Bar: Marinated Chic Peas Chilled Fruit Seasonal Fruit	Tuesday Fruit/Veggie Bar: Baby Carrots Chilled Fruit Seasonal Fruit	Wed. Fruit/Veggie Bar: Broccoli Florets Chilled Fruit Seasonal Fruit	Thurs. Fruit/Veggie Bar: Celery Sticks Chilled Fruit Seasonal Fruit	Friday Fruit/Veggie Bar: Cucumber Slices Chilled Fruit Seasonal Fruit

This institution is an equal opportunity employer.
 Questions?
 Please call **203-977-4738**

A full student lunch includes a choice of entrée, fruit/vegetable side dishes, and a choice of milk. Milk choices include 1% white, skim white, skim chocolate